



BULLYING AND MENTAL HEALTH

Every day thousands of teens wake up afraid to go to school. Bullying is a problem that affects millions of

students. Studies show that people who are abused by their peers are at risk for mental health problems, such as low self-esteem, stress, depression or anxiety. They may

also think about suicide more. The best way to solve a bullying problem is to tell a trusted adult. Parents, teachers, coaches or any adult in a position of authority will find a way to stop dangerous bullying problems.

If you are feeling extremely stressed, sad, hopeless or worthless, these could be warning signs of a mental health problem. Mental health problems are real and treatable. Speak to someone you can be open with — your parents, teachers, coaches or friends — about what's on your mind, and always remember that your doctor can also help.

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For more information on any of these topics, please visit our Web site at www.emblemhealth.com/healthtopics.

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HEALTHY TIPS YOU NEED TO KNOW



OBESITY

Watching your weight now, with regular exercise and healthy eating, can help you avoid conditions

such as diabetes and heart disease later on. Do you know your BMI?

A Body Mass

Index (BMI) is a number calculated from a person's age, weight and height and is an indicator of body fat to identify possible weight problems. It's never too late to make changes and those changes don't have to be big. Cut back on sugary beverages, don't have second helpings and get more exercise, even if it's just 5-10 minutes a day. Getting involved in team sports is a fun way to get regular exercise. By maintaining a healthy weight you will sleep better, feel better and live longer.

STDS (Sexually Transmitted Diseases)

Be sure you are taking care of your sexual health. You cannot tell if a person has an

Avoid risky behaviors

STD by looking at him or her. Avoid risky behaviors (such as not using a

condom) that can have a serious impact on your reproductive wellbeing. You can't always see the side effects of risky sexual activity, but STDs like chlamydia, HIV/AIDS and gonorrhea are common, serious health problems you can avoid. STDs can only be found with routine screenings.

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SMOKING

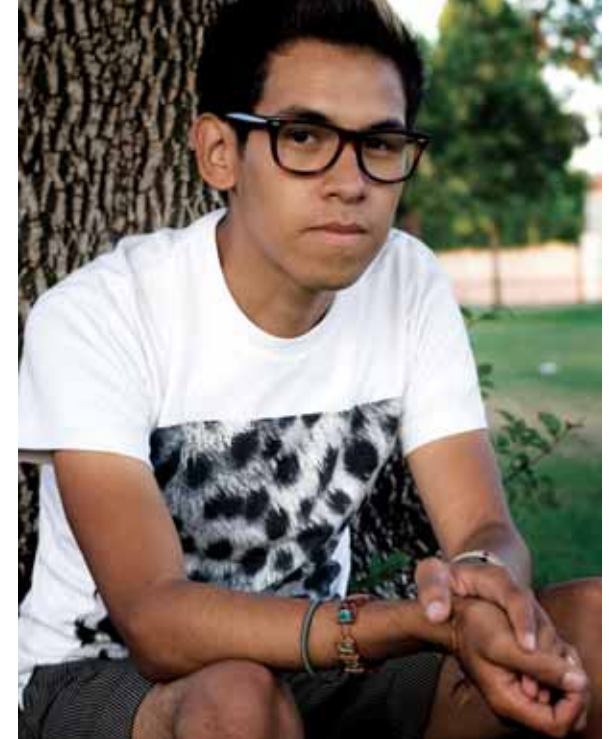
The effects of smoking can impact you now, with breathing problems and decreased

Smoking can impact you now.

energy. It can also lead to life-threatening cancer. So if you do

smoke, get help to quit. Our Tobacco-Free PATH program is available to our members 18 years and older at no extra cost to help you through the quitting process.

To learn more about our program, visit www.emblemhealth.com. Medicaid and Family Health Plus members should call **1-866-NY-QUITS** (1-866-697-8487) for programs that combine free quit-smoking medications with individual support and materials to help you quit tobacco for good. If you live outside New York State, please call **1-800-QUIT-NOW** (1-800-794-8669).



ALCOHOL AND DRUGS

These days it may seem like alcohol and drugs can be found everywhere and that a lot of people are using them. Although most young adults know better, many are still

Never Drink and Drive. tempted by the excitement or escape that alcohol and drugs seem to offer. Keep yourself and others safe by

being responsible for your actions. Alcohol and drugs can alter your judgment and lead to other risky behaviors. Consuming too much alcohol in short periods of time can lead to alcohol poisoning, which can kill you. Always remember to **NEVER DRINK AND DRIVE**. Learn the facts about alcohol and drugs and how harmful they are.